

Secondhand Smoke Results from the 2011 BRFSS

The Behavioral Risk Factor Surveillance System (BRFSS) is a state-based system of health surveys created by the Centers for Disease Control and Prevention (CDC) in 1984 to gather information on the health of adults ages 18 years and older. The BRFSS is an annual random digit-dial telephone survey conducted through a cooperative agreement with the Centers for Disease Control and Prevention, and all states and the District of Columbia participate. State health departments conduct the BRFSS surveys continuously through the year using a standardized core questionnaire and optional modules. More than 500,000 interviews were completed via landline and cell phone in 2011. The BRFSS is the sole source of state-level health risk factors, behaviors and prevalence of certain chronic conditions. Many health conditions are not reportable; hence, prevalence data must be obtained from another source.

The BRFSS relies on self-reported data. This type of survey has certain limitations that should be understood when interpreting the data. Respondents have the tendency to underreport behaviors that may be considered socially unacceptable, such as smoking and driving after drinking alcohol. Conversely, respondents may overreport behaviors that are desirable, such as physical activity.

Background

In 2012, 24.0% of Indiana adults reported they were current smokers, which is higher than the national median of 19.6%. Smoking increases the risk of coronary heart disease, stroke, cancer (especially lung) and chronic obstructive lung diseases. According to the CDC, there is no risk-free level of exposure to second-hand smoke. Secondhand smoke causes heart disease, lung cancer and sudden infant death syndrome. Nonsmokers who are exposed to secondhand smoke at work or at home increase their risk of developing heart disease by 25-30% and lung cancer by 20-30%. On average, people who smoke die 10 years earlier than nonsmokers.

As of July 1, 2012, most public places, including restaurants and other workplaces were smoke-free in Indiana as a result of the statewide smoke-free air law, House Enrolled Act 1149. Smoking is still permitted in bars and taverns, cigar bars, tobacco retail shops, hookah bars, state licensed gaming facilities, licensed horse track facilities and membership clubs.



Results

Overall, 17.1% of adults (approximately 387,000) reported being exposed to secondhand smoke at work during the past week. Males were more likely than females to report being exposed (21.4% vs. 12.2%, respectively). The percentage of adults exposed decreased as income increased (29.3% for \$15-\$24,999 compared to 8.2% for \$75,000 or greater). A similar decrease was noted as education level increased (24.0% for high school graduates/GED compared to 6.9% for college graduates).

Overall, 74.9% of respondents reported that smoking was never allowed in their home, 10.3% reported smoking was allowed only at some times or in some places, 13.1% reported smoking was always allowed and 1.7% reported not having a smoking policy for their home. Respondents who were current smokers were more likely than non-smokers to always allow smoking in their home (36.0% vs. 5.4%, respectively) and were more likely than non-smokers to allow smoking at some times or places in their home (21.5% vs. 6.6%, respectively). Non-smokers were more likely than smokers to never allow smoking in their home (86.1% vs. 41.2%, respectively). There was no difference between smokers and non-smokers for not having a smoking policy for their home (1.2% vs. 1.8%, respectively).

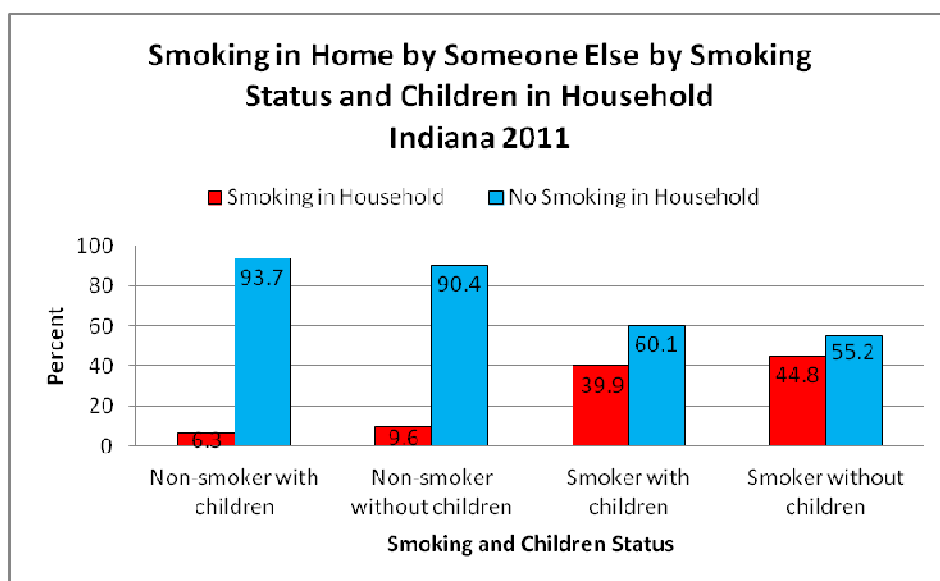
Respondents with children in the household were more likely than those without children to report smoking was never allowed in the home (78.4% vs. 72.5%, respectively).

Overall, there was no difference in the percent of respondents who reported someone else had smoked in their home during the past week by the presence of children in the household (16.0% for those with children, 17.5% for those without children). However, non-smoking respondents with children were less likely to report anyone else smoking in the household than smoking respondents with children (Figure 1). The module did not include a question about whether the respondent smoked inside their home.

Approximately 21% (20.6%) of respondents reported riding in a vehicle in the past week where someone other than them smoked. The percent decreased with increasing age, education and income.

The majority of respondents reported that smoking was never allowed in family vehicles (66.3%), while 19.2% sometimes allowed smoking in at least one vehicle, 13.2% always allowed smoking in all vehicles and 0.9% did not have a vehicle smoking policy.

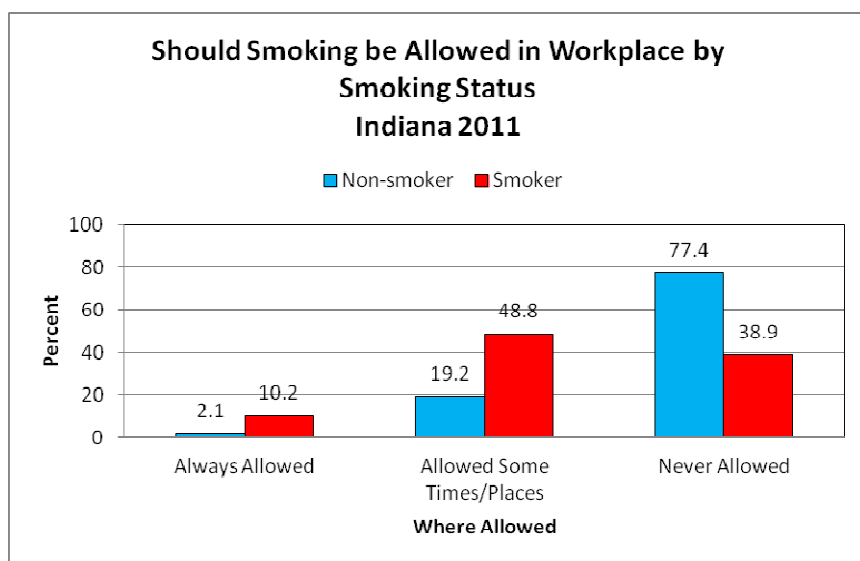
Figure 1



The percent of those who never allowed smoking in family vehicles increased with age, income and education level. The percent those who always allowed smoking in all vehicles increased as age, education and income decreased.

When asked if smoking should be allowed in the workplace, 68.8% responded that it should never be allowed, 27.0% responded that it should be allowed only at some times or in some places and 4.2% responded that it should always be allowed. When comparing the responses between smokers and non-smokers, the differences were significant (Figure 2).

Figure 2



Females were more likely than males to report that they thought smoking should never be allowed in the workplace (75.6% vs. 61.4%, respectively). The percentage of those reporting that smoking should never be allowed increased as education and income increased. There were no differences among age groups.

Indiana Quitline

There are immediate and long-term health benefits when someone stops smoking. The Indiana Tobacco Quitline is a free telephone-based counseling service that helps Indiana smokers quit provided by the Tobacco Prevention & Cessation Commission at the Indiana State Department of Health. The Commission exists to prevent and reduce the use of all tobacco products and protect citizens from exposure to secondhand smoke.



www.IndianaQuitline.net
www.QuitNowIndiana.com



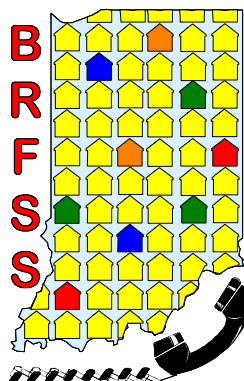
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